alone but only if they do not have to leave the mainland, but can get the individual animals that occasionally wander on the main beach.

They also hunt penguins, take the eggs from the nests, kill young, inexperienced cormorants with a kirri or fish with a hook bought from the whites. In general, however, the Hottentots, that today life along the coast, have become so completely accustomed to European food in the service of the whites, that they no longer know how to acquire food in the ways their grandfathers did. Eighty years (6) ago they

6. Benjamin Morrell jun., A Narrative of Four Voyages etc., from the Year 1822 to 1831, New York, 1841.

still fished in Whalefish Bay with wooden spears four-and-a-half meters long, which were cut from a heavy hard wood, caught heavy fish, weighing seven to ten pounds, with them at a distance of 25 meters and pickled them with salt which they obtained from salt springs near the bay.

With bow and arrow they killed quantities of seabirds, especially in the nesting season, buried them in the sand to get rid of their fishy taste until they turned green, then cleaned out their insides, skinned them and left them lying twice twenty-four hours in the sun; the rotten meat, so prepared, is supposed to have kept for many months.

A favorite food of the Hottentots, mentioned by Morrell, was warm, raw intestines of freshly slaughtered cattle.

Dolphins, which come right up to the beach in Whalefish Bay, may have been captured. The customs which were formerly observed in the preparation of dolphins are still well remembered. They took off all their clothes and naked cut up the dolphin. Touching the animal with the body except with the mouth was considered harmful. During the work they avoided touching themselves with their hands and used a little piece of wood for scratching. The flesh of the animal was cooked in sea water, rinsed in cold sea water and squeezed out. Before they put on their clothes again, they cleaned their bodies of any bits of the animal that might be clinging to them.

Among the lesser sea animals, certain mussels and snails have always formed one of the chief foods of the coastal dwellers from the Cape of Good [186] Hope up to Cape Cross. Great heaps of patelliate shells mixed with bits of pottery and the remains of ostrich eggshells lie half buried in the sand dunes near Port Nolloth. Concerning the mollusks used for food, turn to page 31.

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Birds other than those hunted (cf. Hunt) are sometimes caught and 252
eaten by children. On the other hand the adults sometimes do not 262
despise turtles and lizards. The turtle, %/xuri·s (in Little Namaland: [223 ●
/hu·/rob), is killed with a stone and roasted in an open fire in its 857]
shell. Meat and eggs are enjoyed without anything added to them. [225]
If the woman wants to use the shell as a buchu box, the soft parts are [415]
scooped out, the intestines removed and the rest roasted. [Picture:
Zonurus polyzonus Smith, actual size] 1/4

Several kinds of lizards, such as the one pictured here, called
*//uru·s, are roasted in the hot ashes and eaten primarily by the young
Hottentots. [189] The fat of the //uru·s and of a new Mabuia species
which is taken from the body of a freshly killed animal, is wrapped
in grass by the children and sucked like candy. 136

The insect world also provides the Hottentots with several welcome 222
dishes. The most modest one consists of a kind of beetle called 252
*!nu/ms. These beetles are eaten only by the children, roasted or 262
raw, after the head, legs and wings are pulled off. [Picture: larva 1/1
of Acanthophorus capensis White, on the left hiding in a passage made
by itself, about 4/5 natural size). The starvelings "Bushmen" who
roam around in Great Namaland eat a large black beetle, Acanthophorus
capensis White, called */naori·b, prepared in the same economic way.
The finger-sized larva of this beetle, the thorntree worm, *//kxũ·nu·/nis,
bores into the heart wood of the Acacia horrida Willd deep long tun-
nels, which it fills with its excrement. The digested wood mass,
often drenched with the fluid rosin of the tree, overflows out of the
bore-holes and solidifies to a dark-brown crisp mass which looks as
though it had a sugar coating. It is eagerly collected and eaten by
the Hottentots, both young and old. [Picture: Acanthophorus
capensis White. About 4/5 natural size.]

[190] The larva themselves are also a delicacy. In order to reach
them, they burn the thorn tree when it is moribund or dead. With
sharp sticks they pull out of the glowing wood larvae that have cooked
in their own fat. Or they wait until the larva sticks its rear out of the
bored hole for passing excrement and spear it with a thorn.

Finding a home of edible termites demands sharper eyes than find- 222
ing the thorn worms. One must find the place to dig down into the 136
underground dwelling of Hodotermes viator (Latr.). The dung of the
animals gives the first indication, tiny balls that lie in heaps ranging
in size from very tiny ones to those as large as mole hills. In the
area of these dung heaps can be found the mouths of the underground

1/1 [see p.16(A)-Am.] 2/1 [see p.16(B).-Am.]

may pass, he finds the place where the wild animal lies dead. 224

Stalking supplies him with an unsurpassed knowledge of the way of life of the game. Although it might not seem to us to be sportsman like, still to the native hunter, to whom each bullet is of great value in the wilderness, it seems the safest to creep up on an oryx and wait quietly until it goes into the bushes after grazing to sleep away the hot noon hours. The Hottentot then follows it noiselessly and shoots the sleeping animal from close up.

Dogs are indispensible for hunting predatory animals.

Protected by the herd of cattle, the herder approaches the steinbok which is innocently grazing with the goats and the sheep and kills it with a precise stone throw (ǂnoǂa-s), or he corners klipspringer with his dog. The dog also performs good services in hunting oryx. Under certain conditions the dog stops it so well that the Hottentot can kill it with the assagai, his "throwing knife," //haĭǂgoab. One especially smart dog had the habit [290] of biting the cornered gemsbok in the nostrils, so that the animal could not move from the spot. The dog finally fell victim to a dying gemsbok, which it had carelessly approached, with a short motion of the neck sideways and back, the animal that was already shot down plunged a horn into its body.

b) The chase on horseback, !haǂe·s, seems to have been undertaken early by the Hottentot, if the information of a native hunter, who told me that elephants were hunted in this way, is based on truth. The elephant supposedly was the pursuer, since one rider after another let the elephant chase him until the animal was so exhausted that it could be overcome. [492]

The eland is supposed to be easy to chase.

Pursuing the ostrich on horseback is more successful than stalking which is difficult even for the native because the bird is very far-sighted. [492 223]

A single oryx is a beautiful sight in itself, similar to a grazing stag. But no comparison with the game and landscape of our homeland, will suffice when one has had the good luck (as I did in May, 1904, south of Kubub) to see about 250 of these wonderful animals standing together, suspecting no danger, their heads deep in the grass, so sharply lighted by the evening sun that the movements of each animal could be clearly followed. Then suddenly they become aware of the riders. The uneasiness of the nearest ones spreads to the whole herd and in a few seconds the whole herd is off at a gallop and soon only a great yellow cloud of dust reveals the direction of the fleeing animals. Then one must dismount quickly and be very calm for a sure shot.